



**Yorebridge Sports**  
**Development Association**  
**\*Newsletter\***



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**'YSF Netball Coaching Sessions'**

Further to a letter sent out on 4<sup>th</sup> May there are to be three 'YSF Netball Coaching Sessions' held in July. These netball sessions are to be for Primary School Girls only. There are two main reasons for this. Firstly there are already sessions running, for which there are many boys attending and secondly girls are under-represented in sport and fitness and therefore the 'YSF' are encouraging all girls to become active.

The 'YSF Netball Coaching Sessions' will be at a subsidised rate, due to continued partnership working with the Wensleydale Extended Schools Cluster. This means that for the 3 sessions it will cost £3.00. The sessions will run on Wednesday 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> July, from 4:00 – 5:00pm (arriving 15 minutes prior to the start for registration). The coaching is to be undertaken by Kirsten Civil, with Richard Shuffleton helping out where necessary.

In order to book a place for your daughter at the 'YSF Netball Coaching Sessions' please contact Richard Shuffleton, Sport and Fitness Development Co-Ordinator for a booking form.

**Helping out at 'YSF' Coaching Sessions**

As many of you will be aware there is currently a 'YSF Football Academy' running on a Tuesday and a 'YSF Inter-Cricket-Kwik' session running on a Thursday, both from 4-5pm and for Primary School Children. Although the sessions that have taken place so far have run smoothly Richard feels that if he had an extra pair of hands, it would allow the session to be more efficient. The YSDA are therefore looking for someone who wants to help Richard to contact us, for further discussions. We are quite happy to pay the individual for helping out, which can be discussed. Please note that you don't need to be qualified as Richard has his qualifications and is simply looking for some support.

**'Adults Evening Tennis Club' & 'Over 55's Tennis Club'**

Numerous people have now signed up for the Tennis Clubs to be held at the MUGA, Yorebridge, Askrigg. However, there are still places available so please contact Richard Shuffleton, if you are still interested. Prices will work out at £2.00 per session, with money being paid upfront. The 'Adults Evening Tennis Club' is due to begin on Monday 12<sup>th</sup> June at 6:30-8:00pm; however, new members are always welcome as long as places are available. We are still waiting on a start date for the 'Over 55's Club' (Thursday's from 10:00-11:30am).

**Circuit Training Classes**

Yorebridge Sport and Fitness want to start a 'Circuit Training' class. The aim of Circuit Training is to see a progressive development of the muscular respiratory systems, and in short improves all round physical fitness. Throughout this type of training, participants are treated as individuals and not a mass, therefore pushing themselves to their own limits and reaching their own goals with minimum direction from the instructor. This means that anyone can attend these classes regardless of, age, gender, fitness level, or ability. This is the perfect opportunity to get involved in physical exercise.

In order for the 'YSF' to plan and promote these circuit training classes we want to get a feel from the local community as to when would be the best day/time to run these classes. We also need initial interest in order to go ahead with our plans. Your opinions do count, so please contact us ASAP with any suggestions/ comments/ interest.

**"Party on the Pitch"**

"Party on the Pitch" is back again this year on Saturday 22<sup>nd</sup> July 2006 from 8.30pm to 1am. It is at the Askrigg Football Pitch and includes live music from 'Ray and the Teenbeats', 'In Progress' and 'Sounds Familiar.' There will also be a bar and food available. Tickets are priced at £10.00. For more information and tickets please contact Colin Bailey on 01969 650060/ 663181/ 07711 211169/ [colin@craven-college.ac.uk](mailto:colin@craven-college.ac.uk) or Allen Kirkbride on 01969 650325.

**Facility Hire**

Facilities are available for hire any day of the week priced for 1 hour at £6.00 for half a court (inc tennis) and £12.00 for the full court.

**For information on any of the events mentioned above please contact Richard Shuffleton, Sport and Fitness Development Co-Ordinator on the details at the top of the page.**